



## Everest Base Camp Trek

Extreme temperature variations, high altitude, snow glare & proximity to sun are certain factors which necessitate the need to for proper mountaineering equipment. In order to enjoy your experience in the mountains, we have recommended that you carry the following with you.

### Apparels

1. Trekking Boots / Shoes (preferably up to ankle length & water resistant)
2. Multiple pairs of cotton and woolen socks (at least 5-6 pairs of each)
3. Track Pants for comfortable trekking, Denims to be avoided. (At least 3-4)
4. Thermal inners and sweater / warm sweat shirt (1 each)
5. Cotton T-shirts (5 to 6 minimum)
6. Water proof jacket/windcheater
7. Warm thermal jacket
8. 01 Peak Cap + at least 01 Woolen Cap
9. 02 pair of warm gloves (Liners and outer)
10. One pair floaters

### Accessories

1. Air bag / Duffel bag / Rucksack (No Suitcases during the trek)
2. Day Back Pack + Drinking Water Bottle 1 Litre
3. Torch + Batteries
4. Sleeping Bag
5. Knee / Ankle / Wrist Guards (if required)
6. Nail Cutter / Pocket / Pen Knife
7. Cold cream
8. Hand sanitizer
9. Chap-stick / Vaseline
10. Personal toiletries (Tooth Paste / Toilet Paper / Wet Wipes or Baby Wipes etc.)
11. Medical kit (With basic medicines for headache, upset stomach, sour throat, water purification tablets/drops, band aids, painkillers & Moov/ Iodex, Vics Vaporub, D-Cold etc.)
12. Any personal medication (Individual specific)
13. High energy snacks like Dry fruits, Bars of chocolate, Tang, glucose etc.
14. Good quality Sun shades.
15. Sun block (SPF40+)

Note: If you are unable to procure any of the above mentioned items, then suitable arrangements will be made so that the same can be either bought or rented in Kathmandu based upon actuals.